# Corporate wellness

All-inclusive business & wellness retreats



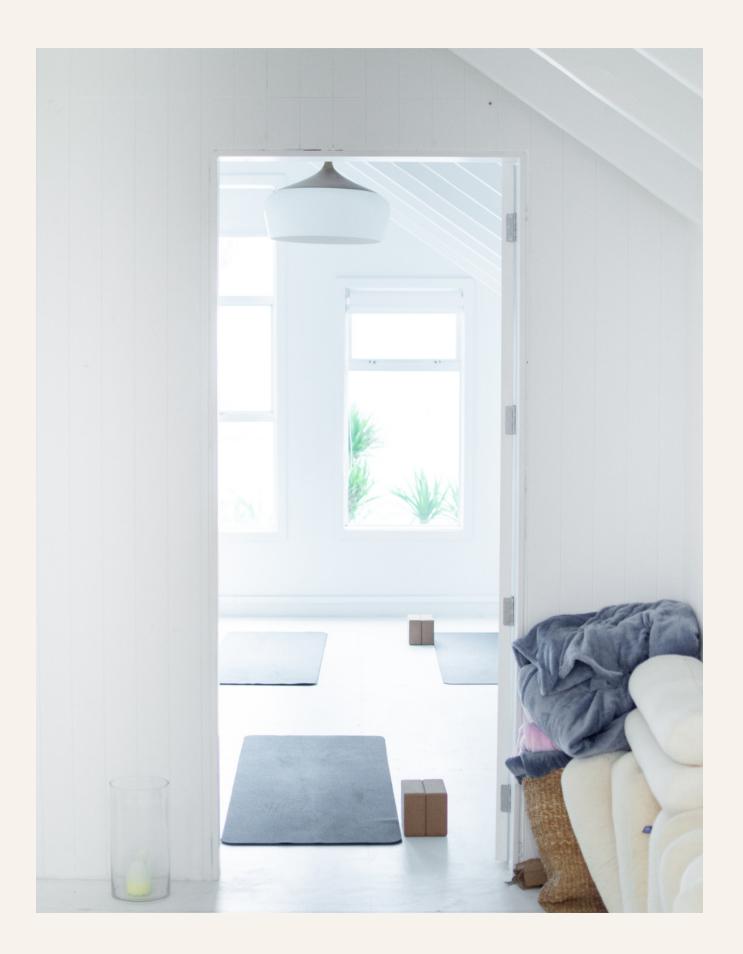
## What we do

When you book a retreat with Koukoulee every detail is planned for you. Our corporate retreats are designed to help your team release tension, skilfully manage stress and soothe the nervous system. At our retreats, we strive to achieve the perfect funwork balance.

While your employees' wellness is at the core of what we offer, you will have plenty of time and space to go through your own workshops and presentations.

Our retreats can be customised to your goals and needs. If you need something specific just let us know.

### All-inclusive corporate wellness on Waiheke's stunning locations



## Pricing

Up to 12 people, \$2,200 + GST

#### 1-day retreat in our wellness space in Oneroa

## Itinerary

#### 1-day retreat

- 9 am board ferry
- 9.40 am pick up from the ferry terminal
- 10 am light morning tea
- 10.30 am yoga session
- 11.30 am first work session
- 1 pm lunch
- 2 pm second work session
- 4 pm mindfulness session
- 5 pm third work session
- 6 pm drinks and seated dinner
- 8.45 pm ferry back to Auckland

What is included

#### 1-day retreat

- Transport (ferry & shuttle) - Morning tea and lunch - 2 x wellness sessions - 3 x work sessions - Coffee and tea all day - Use of our space from 10 am

#### Add ons

- Seated dinner - Overnight stay

### GET IN TOUCH



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